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Home Demonstration Programs Serve South Dakota Families

Cooperative Extension South Dakota State University

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Extension Leaflet 160

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Home Demonstration Programs

*Serve
South Dakota
Families*

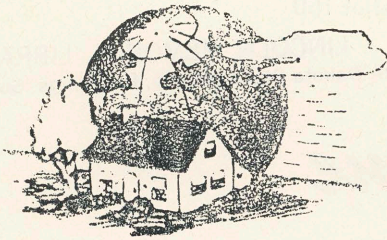
**AGRICULTURAL EXTENSION SERVICE
SOUTH DAKOTA STATE COLLEGE
UNITED STATES DEPARTMENT OF AGRICULTURE**

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Your Home Demonstration Agent and Agricultural Agent are:

Members of the staff of South Dakota State College and are stationed in your county through the cooperation of county, state and national governments.

*The Home Demonstration Agent is a teacher well trained in home economics. Her classroom is the home and the community.

*The Home Demonstratian Agent is a friend who knows you, your community and your needs. She can give you, for use at the time you need it, helpful facts and aids which add to better family and community living. She helps you and your neighbors to work together to achieve some of your goals.

She suggests many methods to help you with your homemaking tasks. Group and club demonstrations and discussions are held. Home visits are made on request to help you with questions which arise in doing your job as a homemaker. You may visit her in her office or by talking with her by telephone.

Today's Home Builds Tomorrow's World

Your Family's Food

Your Home Demonstration program can help you to:

- Know which foods to use for good health.
- Prepare and serve tasty and attractive meals.
- Produce as much food as possible for home use.
- Freeze, can and store surplus food.
- Stretch your food dollar.

Your Family's Clothing

Clothing the family can be done with the most satisfaction and at the lowest cost when you know how to:

- Plan the clothing needs of the family.
- Select appropriate patterns and styles.
- Select proper materials and ready-to-wear.
- Use efficient sewing and construction methods.
- Use latest methods in clothing care.

The House You Live In

Whether you own or rent your home, your home demonstration program can show you important points about:

- Work saving kitchen arrangement.
- Planning for adequate storage space.
- Selection and use of equipment.
- Attractive, well arranged furnishings.
- Adequate wiring, lighting and plumbing.
- Safety in and about the house.
- Well landscaped yards.

Your Time, Energy and Money

Your Home Demonstration program can help you to save time, energy, money and safeguard health by helping you to:

- Develop skills in methods of daily work.
- Plan the best use of your time.
- Make the most of labor-saving equipment.
- Learn the best ways to care for equipment and furnishings.
- Plan wise use of the family income.
- Spend wisely.

Living Together in the Family

Your home demonstration program can help you provide for:

- Wise care and guidance of children.
- Understanding family members' needs
- Family cooperation and fun.
- Personal development.

Community Living

Through the home demonstration program you can work with others to:

- Understand county, local and state government as it affects home and community.
- Develop leadership in club and community.
- Help sponsor health, safety, recreation and education projects in the community.
- Provide opportunity for satisfying social activities.
- Preserve spiritual values.

South Dakota Youth Programs

The Home Demonstration Agent cooperates with other staff members and people in the county in 4-H club programs.

She assists in selecting and training leaders, enrolling new members, organizing new clubs, planning club programs and in conducting county-wide activities.

Other rural youth and young married couples are included in the program, and frequently are enrolled in special groups.

Extension Work is Teamwork

The Home Demonstration Agent and County Agricultural Agent work together for a county program.

The Extension Specialists and State Leaders assist agents in bringing to you what home economics and related fields have to offer.

In South Dakota

There are 38 Home Demonstration Agents in counties, two home agents at large and 11 home economic specialists to carry the home economics program.

Approximately 18,000 women are members of 1175 organized home demonstration clubs.

A total of 13,076 girls participate in 4-H club work.

in

67

counties

of South Dakota

Cooperative Extension Service

Your County
Extension Office -----

Office Phone -----

Agricultural Agent

Home Demonstration Agent

EXTENSION SERVICE, SOUTH DAKOTA STATE
COLLEGE OF AGRICULTURE AND MECHANIC ARTS,
BROOKINGS, SOUTH DAKOTA

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